

# Patient information

## Child hernia repair (herniotomy)

Your child has been selected for day surgery and the procedure that has been decided is most appropriate for your child is child hernia repair.

### What is it?

‘Hernia’ means the protrusion of an organ through an area of muscle, which has weakened. They most often occur in the groin area (known as inguinal or femoral) or the belly button (known as umbilical hernia). Hernias are a fairly common condition in young children.

The surgeon has recommended this operation to repair and strengthen the weakened area by using internal stitches. These remain inside the body to prevent any further weaknesses.

### Following the surgery

- Unless instructed otherwise after your discharge please leave the dressings on for 48hrs and keep them clean and dry. It is quite normal for some bruising around the operation site.
- The stitches will dissolve and do not need to be removed.
- Steristrips will fall away in 7 - 10 days. If not, you may gently remove them.
- A quick bath or shower is recommended after 48hrs. Thereafter a daily bath/shower should be encouraged.
- A certain amount of discomfort is normal and medicines such as Calpol (paracetamol) and ibuprofen should be given regularly for the first 2 days, then as required. Please follow the instructions on the bottles.

### Your child’s last pain relief in the Day Surgery Unit was given at:

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- Your child should be encouraged to take part in restful activities and be watched closely for 24hrs after discharge.
- Any rough play, climbing, contact sports and riding a bicycle should be avoided for 1 week.

Special instructions .....

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Outpatient appointment.....

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Return to school.....

**Contact your GP or GP out-of-hours service if:**

- your child has severe pain
- the operation site becomes increasingly swollen, red, hot and/or produces a discharge, your child may have an infection
- bruising is severe

If you require further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours, contact ward F1 on 01284 713315. Please have your hospital number on the discharge letter available.

Or

NHS 111

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>.*

